

Heels and Toes

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Sherry Kemp (USA) - September 2020
音樂: One Way Ticket - Eruption : (Amazon & Apple Music)



No tags or restarts.

Begin 33 counts in on lyrics "Choo"

S1: Step, heel, toe, heel touches (L then R)

1-4 Step L, R heel touch forward, R toe touch back, R heel touch forward,

5-8 Step R, L heel touch forward, L toe touch back, L heel touch forward

S2: Left and right toe struts forward and back

1-4 L toe touch forward, heel drop down, R toe touch alongside L, heel drop down,

5-8 L toe touch back, heel drop down, R toe touch back alongside L, heel drop down

S3: Step forward, point, step back point, moving forward and back

1-4 Step L forward, R toe point forward, step R back, L toe point back,

5-8 (Repeat 1-4)

S4: Vine left and right with dips

1-4 L step left, R cross behind L with a dip, L step left, R touch alongside L,

5-8 R step right, L cross behind R with a dip, R step right, L touch alongside R.

Option: S4: Vine dips during behind cross can be omitted if necessary.

This is a good floor split to higher level dances with this song version of One Way Ticket and Do Si Do by Diplo & Blanco Brown.

It is a simple dance for the new dancers that could be possible contra also and used with many more music options.

Last Update: 20 Apr 2022